



NASWI Health Education Support



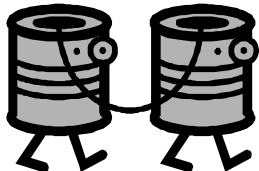
Managing Your Diabetes

257-9812

Tobacco Cessation a
2-sessions: Apr 11 &
18; May 9 & 16; Jun 13
& 20 1400-1600

Registration 1-800-
404-4506

Family Communication



257-3266

Sexual Health and Responsibility Program (SHARP) Registration

257-5950

Shipshape, Navy Weight Management Class Series for Active

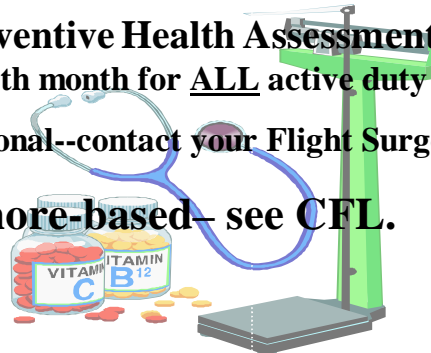
Duty:6
sequenced Weds,
1500-1630

257-9590

Annual Preventive Health Assessment (PHA):
required by birth month for ALL active duty members.

Operational--contact your Flight Surgeon

Shore-based-- see CFL.

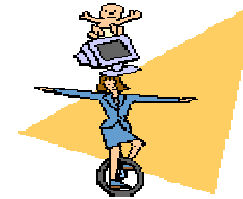


Healthy Heart Nutrition education for high
blood pressure and high cholesterol: Thurs,
Apr 13, May 11, Jun 15, 1330-1500,



1-800- 404-4506

Healthy Baby Series 8 Great Classes



257-8996

NEW

Gym-Based Wellness Boot
Camp: Nutrition and
Exercise for Active Duty
and Families!

257-2433

Diabetes Educator: 257-9812 Health Promotion: 257-9417 Dietitian 257-9590